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NEWS
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'We're a model for the world'

The Dr. Peter Centre marks its successes while it also mourns patients lost to HIV on World AIDS Day

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Queen Bey shows why she rules the hive

Beyoncé puts on a dazzling show for her fans at Rogers Arena

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Canucks' PK holds strong against Canes

Vancouver ekes out 3-2 win in North Carolina

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UKRAINIANS TAKE TO THE STREETS

ABOUT 300,000 PROTEST DECISION TO FREEZE INTEGRATION WITH THE WEST, CLASHING WITH POLICE

PAGE 8



IF IT ISN'T GOOD OL' ST. NICK

Santa waves to onlookers on Sunday during the 10th annual Rogers Santa Claus Parade through downtown Vancouver. Tens of thousands of people flocked downtown Sunday to check out the parade and take part in activities like face painting and balloon twisting. Legendary bandleader Dal Richards, 95, served as grand marshal. MATT KIELTYKA/METRO

HEAT shelter beds a hot commodity

Downtown. Spaces snapped up in possible record time: Organizer



EMILY JACKSON
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There's already no room left at downtown Vancouver's temporary winter shelter.

When organizers arrived Sunday at 7 a.m. to prepare the Richards Street shelter for its 10 a.m. opening time, there was a fair-sized lineup to land one of the beds, RainCity Housing project lead Aaron Munro said.

By 9:20 a.m., the shelter hit its capacity of 35 people.

"This might actually be the quickest these shelters have ever filled up," Munro said from the quiet, two-storey space with showers, a Christmas tree, in-house laundry, bunk beds and a TV and eating area. "We've made a couple of referrals to other shelters."

The facility was the first of

Donations

Temperatures are expected to dip Monday. If you're in a giving mood, the shelters could use donations of dry socks and underwear.

two HEAT shelters to open this year, with the second 40-bed location slated to open at Ontario and East 5th Avenue on Thursday.

Munro suspects people knew to come to the shelter so quickly due to a partnership with BC Housing and Carnegie outreach workers, who helped alert people who were "sleeping rough" in the area.

The shelter, which serves two hot meals a day, first focuses on creating a community before working to find people permanent housing. Vancouver Coastal Health nurses and social workers also operate at the location.

"When people have been living outside and tough, it takes a while to feel normal

again," Munro said.

His goal is to find permanent homes for as many people as possible. The sooner they do so, the more beds will be available if there's demand from people coming in from the cold.

There hasn't been any negative community reaction to the shelter so far, he said, which is a far cry from Yaletown's response to a shelter on Seymour Street last year. Only two people came to the open house, he said, one of who arrived with a donation.

"We want to fit into neighbourhoods," Munro said, adding they welcome all community feedback.

In 2012, the city and the province funded 160 beds at four shelters, but this year the city says fewer locations are needed because interim housing it purchased freed up space in a year-round shelter near Main and Terminal.

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An emotional World AIDS Day at Dr. Peter Centre

Statistics. The number of new diagnoses has fallen by more than 800 per cent in B.C.



MATT KIELTYKA
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British Columbia has plenty of successes to celebrate on World AIDS Day, but that didn't make Sunday any easier.

Approximately 250 names adorn the wall of the Dr. Peter Centre's remembering alcove,

paying tribute to HIV patients who have lost their lives while receiving care from the one-of-a-kind day health program and nursing care residence.

"While we celebrate (Dec. 1), it's more somber than that," acknowledged Maxine Davis, the executive director of the centre. "I found it very emotional to overhear a phone conversation a young man received from his mom, letting her know he was OK. There are many calls like that today, of those grateful to be alive. And then there are parents who aren't making that call, remembering those who died."

In many ways, the patients at the stand-alone centre — an offshoot of St. Paul's Hospital that moved into its own space a decade ago — are lucky.

B.C., more than any other jurisdiction, has had the most success stopping the AIDS epidemic, treating patients and pioneering globally renowned initiatives like the "treatment as prevention" model.

Since 1995, HIV-related morbidity and mortality have declined by over 90 per cent — and the number of new diagnoses has fallen by more than 800 per cent in the province.

"We're a model for the

world," said Davis.

The next year will see an increased focus on targeted demographics — injection drug users, young gay men, older heterosexual adults — that are at increased risk of transmission and, in some cases, bucking the downward trend.

A new set of national guidelines for clinicians treating patients co-infected with HIV and hepatitis C were released Sunday, recommending expanded testing and creating greater access to hepatitis treatment and liver transplants for those living with HIV.

Most of the measures are

already heeded in Vancouver but Davis, who said 60 per cent of the patients at the Dr. Peter Centre are co-infected with hepatitis C, welcomes the national initiative.

"It takes more than just a pill. Treating these patients is a great concern," she said. "Just the side effects of various treatments add to the complexity of symptoms and a person's well-being."

The guidelines were drafted by the CIHR Canadian HIV Trials Network, led by researchers from the University of Ottawa, McGill and the B.C. Centre for Excellence in HIV/AIDS.

Charity. Used cellphone? Donate to Downtown Eastside seniors

Calling 911 can save a life, but many seniors in the Downtown Eastside don't have a landline or a cellphone to dial in case of emergency, according to research by the Portland Hotel Society.

To give these low-income seniors access to help, the society will launch a campaign Monday to collect used cellphones and chargers this holiday season.

Old cellphones, perhaps collecting dust in drawers after being replaced with the latest gadget, can still call 911 even without a plan or a SIM card.

Ninety-seven per cent of the 176 seniors surveyed by the Portland Hotel Society live below the poverty line

and cannot otherwise afford telecommunications.

The society hopes to collect 500 phones and chargers for the seniors, who make up more than 20 per cent of the population in the Downtown Eastside.

Any extra electronics will go to the Vancouver police to distribute to sex workers without cellphones.

Local company Free Geek will wipe all donated phones so personal information will not be compromised.

Telus and the City of Vancouver are donating used phones and chargers, which can be dropped off at several downtown Vancity locations.

EMILY JACKSON/METRO



Mo Must Go! marks the end of 26 moustaches

Ricky Shetty gets a shave from barber Harvey Merritt during Mo Must Go!, an end-of-November event outside the Vancouver Art Gallery at noon on Saturday. A total of 26 people received free hot shaves from barbers at JD's Barbershop. COURTESY LEANNE SCHERP

1 NEWS



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Police seeking tips. Woman attacked in park

Police want the public's help to identify a man who attacked a woman in Fraser River Park on Friday morning.

The 52-year-old woman was walking her dog when a stranger assaulted her near West 75 Avenue and Tidewater Place around 9 a.m., according to Vancouver police.

The man dragged her a short distance before her screams attracted attention.

Witnesses rushed to help her, scaring off the man, who fled in a dark-coloured pickup

truck. The woman, who sustained minor injuries from the attack, was treated in hospital and released.

The man is described as five foot seven, white but with a dark skin tone, medium build and black hair. It's unclear what he was wearing at the time of the attack.

Anyone with information is asked to call the police sex-crimes unit at 604-717-0600 or Crime Stoppers at 1-800-222-8477.

EMILY JACKSON/METRO

IHIT. North Vancouver man shot dead at his home

Investigators say North Vancouver's first homicide victim of the year is not known to police.

A 69-year-old man was shot dead at home in the 4000 block of St. Georges Avenue on Saturday afternoon.

Police were called to the residence at 1:18 p.m., but attempts to save the man's life failed.

On Sunday, police identified the victim as Rostam Poulad-Noshiravan.

"He's not known to police, and it's a bit more challenging to investigate because we don't have an obvious motive," said

RCMP Integrated Homicide Investigation Team spokesperson Sgt. Bari Emam.

"The victim's family is shocked by this incident and also hoping that tips from the public and those who may know something can assist the investigators in getting some answers."

A suspect has not been identified, but IHIT says a grey or silver import-style car was seen driving away from the crime scene.

The shooting marks the first murder in North Vancouver this year. **MATT KIELTYKA/METRO**

9-metre fall. Teen boarder dies on Grouse Mountain

A 16-year-old snowboarder has died on Grouse Mountain in North Vancouver after falling and hitting a tree.

The Brazilian exchange student was boarding with friends when he ventured off the main trail and fell about nine metres, said RCMP Cpl. Richard De Jong.

He said the boy was with a teen from the family he was

living with and about three others when he became separated from the group.

Staff at the mountain tried to find him, but heavy fog and sleet prevented them from doing a thorough search.

A North Shore Search and Rescue team was immediately contacted and located the snowboarder just after midnight. **THE CANADIAN PRESS**

Outstanding warrants

B.C. man calls for help, gets arrested

A man in B.C.'s Interior who called police to report a home invasion is now in custody himself, after RCMP officers discovered he had several outstanding warrants. The Mounties were called Saturday night to a home in Kamloops, where a man reported that four or five men wearing black ski masks were attempting to kick down his front door.

THE CANADIAN PRESS

Seattle

Man arrested for ferry-jacking: Cops

Seattle police say a man was arrested Sunday after he allegedly stole a Victoria Clipper boat and headed out into the middle of Seattle's Elliott Bay. Sgt. Sean Whitcomb says the man did not have permission to be aboard the passenger ferry boat. The man was being questioned Sunday afternoon and was to be booked into King County Jail.

THE ASSOCIATED PRESS



Beyoncé performs on her Mrs. Carter Show World Tour 2013 at Rogers Arena in Vancouver on Saturday night. NICK FARRELL/PARKWOOD ENTERTAINMENT

Review: Beyoncé dazzles Van. fans

Concert. World's reigning queen of pop lives up to the hype and then some at Rogers Arena



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All it took was a shake, a saunter and the fiercest of stares.

All the single ladies — and all the single or taken people in general — worshipped Beyoncé at Rogers Arena on Saturday night for the Vancouver chapter of her yearlong Mrs. Carter world tour.

From the moment one of the world's biggest superstars emerged on stage to perform Run the World (Girls), Queen Bey captivated the crowd who

remained — shrieking — on their stiletto-clad feet for the next hour and a half.

The production didn't hold back on panache — it was complete with fire, sparklers, gold confetti, nine backup dancers and a video with Beyoncé in Marie Antoinette costume — but all the glitz couldn't distract from Mrs. Carter herself.

With her mane permanently blowing and eight bedazzled costumes, including a sparkling blue bodysuit and a lime-green leopard-print fringe mini dress, the Queen's stage presence had the audience hanging on her every move.

She pouted to Why Don't You Love Me until the crowd's volume met her approval. She flew across the stadium to a second Bey-shaped stage to grasp hands with adoring fans and lead them through

Irreplaceable and Love on Top. She busted out the Single Ladies choreography as ecstatic fans tried to keep up with her mesmerizing booty-shaking.

Girl power was also on the agenda, with a message of empowerment peppered throughout the hits from her four solo albums, played by her all-female band.

The show culminated with a video montage featuring Beyoncé's Super Bowl show, her performance for Barack Obama, her baby girl Blue Ivy Carter and her equally powerful husband Jay Z — all with the message that you can be whatever you want to be.

With the audience still swooning from Crazy In Love, Beyoncé closed the show with an emotional rendition of I Will Always Love You and Halo.

Then, with a kick of her

By the numbers

- **\$104,000,000.** Box office sales from the first 59 concerts of Beyoncé's tour, according to Billboard magazine
- **883,000.** Number of tickets sold for the first 59 shows
- **8.** Costume changes (all designer, of course)
- **8.** Band members (all women)
- **4.** Solo albums the superstar has done since she left Destiny's Child

boots and a folksy smile, the Queen waved goodbye, easily proving why she rules the pop world — or the world, period.

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Youth group accuses neighbour of trashing their \$30K garden

Two years of work.
Gardeners appeal to city after dispute with nearby business owner



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A youth gardening group is "devastated" after their urban forest, grown legally on city land, was destroyed last week.

Gardeners of the Purple Thistle Food Forest were shocked to see their trees uprooted and their irrigation system pulled out when they visited their garden at Charles and Vernon, an act they believe was done by a neighbour who didn't like the forest.

"It's messed up; it was two years of work," gardener Kelsey Corbett told Metro, adding that the project was funded by more than \$30,000 in grants the collective received from the city.

The group had the appro-

priate permits to operate on the city-owned land, the city confirmed, but apparently expanded onto the neighbouring property.

When the owner indicated this fall he didn't want the garden on his property, the collective pulled back to accommodate his wishes.

"We understand we look messy. It's the style of garden," Corbett said. "We are basically an experiential educational hub. It's a lab for us to learn."

While it's unclear exactly how the garden was destroyed, the disheartened young gardeners still hope they can work with the neighbour on a solution. They also hope to get reimbursed for the trees and irrigation system.

The city is looking into their plight and is in discussions with involved parties to see what further action can be taken.

The adjacent property owner, identified as David Hollands, told CTV News there could be a solution that will please everyone.



The irrigation pipes at the Purple Thistle Food Forest in East Vancouver were destroyed last week. CONTRIBUTED

Fish-farm firm swaps plans in Chile but not B.C.

One of the world's largest aquaculture companies is betting future economic growth in Chile on a "robust" species of salmon native to the Pacific — but will continue to raise the controversial Atlantic salmon on its B.C. farms.

Norwegian-based Cermaq has released plans for its prosperity in the South American country, saying coho salmon will become a key component of future growth.

The Chilean industry's Atlantic salmon farms have suffered significant losses due to

a strain of infectious salmon anaemia in recent years. The company said in a news release that coho are robust and less affected by disease and sea lice than their Atlantic cousins or trout, and as a result they cost less to farm.

But the company's farms along B.C.'s West Coast will continue to raise Atlantic salmon despite criticism — from environmentalists and in a report on the collapse of the Fraser River sockeye fishery — about the negative impact the Atlantic salmon farms have on

Cermaq farms

30

Cermaq operates 27 ocean and three fresh-water sites in B.C. waters.

wild Pacific fish.

"We're licensed to grow Atlantic salmon," said Grant Warkentin, a spokesman for Cermaq Canada. "That's what the customers want and that's what the company will keep doing."

Mary Ellen Walling, executive director of the BC Salmon Farmers Association, said the United States is the main market for Atlantic salmon, although the domestic market remains strong and is growing, and that companies are selling fish to China, Japan and Korea. "It's got a milder flavour, so it has broad appeal in the marketplace," she said.

Karen Wristen, executive director of the Living Oceans Society, said she suspects the problem Cermaq is experiencing worldwide is that Atlantic

salmon have been treated for sea lice infection for so long that the lice are now resistant to treatment.

"So if they can find fish that are resistant to sea lice then they escape the problem for a period of time, until the sea lice begin to attack the coho as well."

Wristen said the society's focus remains on protecting wild salmon and that closed-containment systems are the only way to effectively isolate wastes and parasites produced on the farms. **THE CANADIAN PRESS**

Sales figures

Statistics published by the Environment Ministry in B.C. say the province exported \$291 million of farmed Atlantic salmon in 2012, down from \$320 million in 2010 and nearly \$314 million in 2011.

- In comparison, the ministry said B.C. exported \$11.2 million of farmed chinook and \$1.1 million of farmed coho in 2012.

Rescue

Hunter spends cold night stranded in the B.C. Interior

A hunter who was reported missing in B.C.'s Interior is cold but otherwise OK after spending a night alone in a makeshift camp in the wilderness.

A search was launched

after the 37-year-old man failed to meet up with his hunting companions in an area west of Kamloops on Saturday.

Half a dozen snowmobiles and an ATV were involved in the search near Tunkwa Lake.

RCMP Sgt. Dave Prentice said search-and-rescue crews tracked down the man early Sunday morning. He said the hunter was

in good shape and didn't require medical attention.

Prentice said the man shot a deer and was making his way back to his companions when he got turned around and became lost.

As darkness fell, the man decided to start a fire and set up camp for the night, which Prentice said was the right move.

THE CANADIAN PRESS

Diocese elects female bishop

A female priest has been elected as the new bishop for an Anglican diocese that serves the Vancouver area and the Sunshine Coast.

Rev. Melissa Skelton was elected Saturday on the third ballot, with four nominees remaining.

The Seattle priest was among eight candidates for

bishop of the Diocese of New Westminster and replaces the diocese's eighth bishop, Michael Ingham, who retired in August after 20 years at the helm.

Skelton is the first female bishop to head the diocese and will be ordained in March.

The Diocese of New West-

minster became the centre of controversy in 2003, when it decided to bless same-sex unions.

The issue led several conservative Anglican leaders around the world to break ties with the diocese, one of 30 dioceses of the Anglican Church of Canada.

THE CANADIAN PRESS

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Massive anti-government rally turns violent in Ukraine

Dozens injured in clashes with police.

Around 300,000 take to Kyiv streets to demonstrate against president's refusal to sign deal with EU

A protest by about 300,000 Ukrainians angered by their government's decision to freeze integration with the West turned violent Sunday, when a group of demonstrators besieged the president's office and police drove them back with truncheons, tear gas and flash grenades. Dozens of people were injured.

The mass rally in central Kyiv defied a government ban on protests on Independence Square, in the biggest show of anger over President Viktor Yanukovich's refusal to sign a



Protesters clash with police guarding the presidential administration building in downtown Kyiv, Ukraine, Sunday. Around 300,000 demonstrators chased away police to rally in the centre of the city. Police allowed the rally to proceed peacefully, but when a few thousand protesters tried to storm the nearby presidential administration building, riot police drove them back. SERGEI GRITS/THE ASSOCIATED PRESS

political and economic agreement with the European Union.

While opposition leaders called for a nationwide strike and prolonged peaceful street

protests to demand that the government resign, several thousand people broke away and marched to Yanukovich's nearby office.

A few hundred of them threw rocks and other objects at police and attempted to break through police lines with a front loader. After sev-

eral hours of clashes, riot police used force to push them back. Dozens of people with what appeared to be head injuries were taken away by ambulance.

Quoted

"Our plan is clear: It's not a demonstration, it's not a reaction. It's a revolution."

Former interior minister Yuriy Lutsenko, who is now an opposition leader

Opposition leaders denounced the clashes as a provocation aimed at discrediting the peaceful demonstration and charged that the people who incited the storming of the presidential office were government-hired thugs.

Several opposition leaders walked over to Yanukovich's office to urge protesters to return to Independence Square. Order appeared to have been restored by Sunday night, with rows of riot police standing guard behind metal fences.

THE ASSOCIATED PRESS

Canada criticized over policy on info obtained via torture

A major alliance that promotes European security has criticized Canada for opening the door to the use of information that may have been extracted through torture.

Newly disclosed briefing notes and correspondence show the Organization for Security and Co-operation in Europe wrote to Canada's representative to the organization to express concerns about the policy.

Canada belongs to the 57-member alliance, which bills itself as the world's largest regional security organization, working for peace, democracy and stability for more than a billion people.

The Canadian government responded to the February 2012 letter with a staunch defence of its information-sharing policy as a principled response to terrorism and other security threats.

The OSCE's concerns came to light through heavily censored records released to The Canadian Press under the Access to Information Act.

Though the organization's letter to Canada's

Secret directive

The government once insisted that CSIS would toss out such information, but secretly issued a directive in December 2010 telling the spy agency to act on it to protect lives or property.

- Amnesty International Canada and the official Opposition publicly urged the Conservatives early last year to impose a total ban, saying there can be no exceptions when it comes to torture.

then-ambassador to the OSCE is blacked out, a spokesman for the Vienna-based agency's human rights office spelled out its concerns.

The OSCE quietly expressed its objections to Canada over revelations the government had directed Canada's spy agency to use information that may have been gleaned through torture in cases where public safety is at risk.

Janez Lenarcic, director of OSCE's Office for Demo-

cratic Institutions and Human Rights, wrote to the Canadian OSCE delegation to express concerns such a directive "would undermine the implementation of OSCE human dimension commitments and international human rights standards — in particular the absolute prohibition of torture and other forms of ill-treatment," said office spokesman Thomas Rymer.

Canada's then-ambassador to the OSCE, Fredericka Gregory, forwarded the letter to Ottawa, and the matter eventually landed on the desk of Lynda Clairmont, senior assistant deputy minister for national security in the Public Safety Department.

In preparing a response, Public Safety consulted CSIS, the Canada Border Services Agency and Foreign Affairs.

The late May 2012 reply to Lenarcic, signed by Gregory, pointed out that the 2010 directive had been expanded, giving CSIS the go-ahead to provide information to foreign agencies even when there is a "substantial risk" it will lead to torture.

THE CANADIAN PRESS



Death toll expected to rise in Scottish helicopter crash

Scottish Fire and Rescue services look on at a section of a police helicopter being lifted from the scene Sunday following a crash at the Clutha Bar in Glasgow. Emergency workers were sifting through wreckage for survivors of the crash onto the crowded pub that killed at least eight people and injured more than two dozen. The number of fatalities is expected to rise, officials said. SCOTT HEPPPELL/THE ASSOCIATED PRESS

Senate scandal

Ex-PMO staffer's emails to be handed to RCMP

The federal government has notified the RCMP about a cache of emails belonging to Benjamin Perrin, former counsel for the Prime Minister's Office and a central figure in the Senate spending scandal.

The Privy Council Office has written to investigators to say it was wrong when it said Perrin's emails were deleted. The office says it will "immediately turn over these email records" and that it has apologized to both the RCMP and the PMO. THE CANADIAN PRESS

Egypt

Morsi supporters clash with police

Police fired tear gas to drive hundreds of supporters of Egypt's ousted Islamist president Mohammed Morsi from Cairo's famed Tahrir Square on Sunday, as a panel tasked with amending a constitution adopted during his time in office convened for a second day. THE ASSOCIATED PRESS



Clown Moises Queralt acts weak as a Syrian kid pulls him. THE ASSOCIATED PRESS

Clowns bring smiles to refugee camp kids

Jordan. A Spanish group affiliated with Clowns Without Borders delights kids in a windy refugee camp called Zaatari

At Zaatari a sprawling desert camp in Jordan, home to thousands of children who fled Syria's civil war, a few found a moment to smile Sunday.

Five European comedians working for Mabsutins, a private circus and clown group in Spain affiliated with the U.S.-based group Clowns Without Borders, performed for 60

children. More than 100,000 people live at the wind-swept camp, only 16 km from the Syrian border, and for the children lucky enough to see the performance, it helped them forget about the challenges they face.

"It was (the) best thing I have seen in my life," said 10-year-old Rana Ziad, who fled from her southern border town of Daraa with her parents and six brothers and sisters a year ago.

More than two million Syrians have fled their country's civil war, now in its third year, seeking shelter in neighbouring countries such as Jordan, Lebanon, Turkey and Iraq.

THE ASSOCIATED PRESS

One glowing face at a time

"Our goal was to bring a smile to the faces of the Syrian refugee children who suffered as a result of the war."

Said Moises Queralt, a Spaniard who performs under the name Peixoxo. Queralt performed as the cartoon character Pinocchio, complete with a long nose.

Croatia

Gay marriage to be banned following a vote

A majority of Croatians voted in a referendum Sunday to ban gay marriages in what is a major victory for the Catholic Church-backed conservatives in the European Union's newest nation.

The state electoral

commission, citing near complete results, said 65 per cent of those who voted answered "yes" to the referendum question: "Do you agree that marriage is matrimony between a man and a woman?" About 34 per cent voted against.

The result meant that Croatia's constitution will be amended to ban same-sex marriage. The vote has deeply divided Croatia.

THE ASSOCIATED PRESS

Peak attack

Summit for Our Sisters reaches top of Mount Kenya

Two Lake Tahoe-area women have completed a rain-soaked climb to the summit of a 4,900 metre mountain in Africa in the name of women, business and the environment.

Meghan Kelly and Jennifer Gurecki dubbed their

expedition to Mount Kenya "Summit for Our Sisters." Their hope was to inspire others to work to empower women. They also wanted to bring attention to climate change and promote the launch of their new ski and snowboard company in Stateline. They said they were plagued by heavy rain-fall but thrilled to zoom down a glacier on skis and boards after reaching the summit. THE ASSOCIATED PRESS



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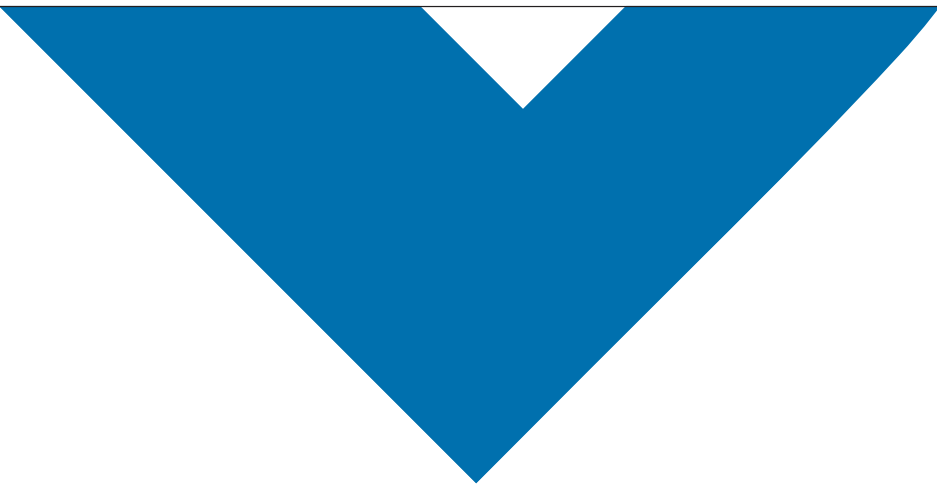
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Monday, December 2, 2013



Squirrel monkey Miss Baker rode a Jupiter IRBM into space and back in 1959. Jupiter, AM-18 mission, also carried an American-born rhesus monkey, Able, into suborbit. Both monkeys were recovered in good condition. COURTESY NASA

How NASA made heroes of two monkeys

Anthropomorphism.

Miss Baker and Able
— astronaut 'heroes'
of their day, 1959



JESSICA
SMITH CROSS

jessica.smithcross@metronews.ca

When Miss Baker returned from space she became a media star, was given a bungalow and was married off, twice, to male squirrel monkeys — but she never fulfilled NASA's hope that she'd reproduce.

How NASA and the media anthropomorphized a pair of female space monkeys — one as a male military hero and the other as a housewife — in 1959 sheds light on how mythologizing astronauts can obscure real military and political goals for space exploration, according to a York University researcher.

In 1959, Baker, a squirrel monkey, and Able, a rhesus monkey, blasted off into outer space, survived and were recovered from the ocean by the American navy.

Jordan Bimm's paper argues the primates, which were originally seen as tools



Baker in a bio-pack couch being readied for Jupiter (AM-18 flight).
COURTESY NASA

Different times

In 1959 NASA conducted a test of about 20 female pilots who were judged to be equally as competent as men. But they were ruled out for space flight because of menstruation.

- In 2009's Night at the Museum: Battle of the Smithsonian, Able, a female rhesus monkey, was portrayed in a character opposite actor Ben Stiller as a male monkey military hero.

and chosen for their physiological similarities to humans, were imbued with human traits upon their return, revealing more about us humans than the monkeys.

"They were on the cover of Life Magazine in front of an American flag and presented as these pilot hero figures," he said.

But four days later, Able died during a medical procedure and her body was stuffed and put on display at the Smithsonian.

The display was gendered in a way that transformed Able into a caricature of the

masculine Cold War era, Bimm said.

"Able died during military service, in a military hospital in connection with a rocket flight. To make that make sense to the American public circa 1959 they sort of warped her into a male," Bimm said.

Baker, however, survived for a long time afterwards and Dr. Dietrich Beischer of the Navy's Aviation Medical School at Pensacola was primarily responsible for casting Miss Baker as a housewife.

"He also gave her a habitat, which he called a bungalow..." said Bimm.

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NEWS

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Data leak to China foiled, say RCMP

National security.
Canadian engineer took steps to pass on secret documents, Mounties say

A Canadian naval engineer is accused of trying to send classified information on Canada's shipbuilding strategy and marine sovereignty to the Chinese government.

Qing Quentin Huang, 53,

from Waterdown, Ont., was arrested in nearby Burlington on Saturday, just two days after the RCMP say they became aware of the allegations against him.

The RCMP said they learned on Thursday that Huang was allegedly taking steps to pass on classified information to China relating to Canada's national shipbuilding strategy.

Huang is a Canadian citizen and an employee of Lloyd's Register, a subcontractor to Irving Shipbuilding Inc., the RCMP said Sunday at a news

conference to announce the arrest.

"These are documents of a confidential and sensitive nature to the government of Canada that relate to their vessels that support our marine services in relation to sovereignty here in Canada," said RCMP Chief Supt. Jennifer Strachan.

The national shipbuilding strategy includes patrol ships, frigates, naval auxiliary vessels, science research vessels and ice breakers, she said.

Huang is charged under the

Swift action

Police were able to act quickly to safeguard the information.

- The investigation involved various policing agencies, the RCMP said.

Security of Information Act with two counts of attempting to communicate classified information to a foreign entity.

THE CANADIAN PRESS

Four dead after train derails in the Bronx

A Metro-North passenger train derailed on a curved section of track in the Bronx on Sunday morning, killing four people and injuring 63 as one car came to rest just inches from the water, authorities said.

New York Gov. Andrew Cuomo announced the deaths at a news conference at the site of the crash near the Spuyten Duyvil station. He said authorities believe everyone at the site had been accounted for and that investigators from the National Transportation Safety Board were en route.

Eleven people are believed to be in critical condition, authorities said. The train operator was among the dozens

injured, Cuomo said.

Metropolitan Transportation Authority spokeswoman Marjorie Anders said the big curve where the derailment occurred is in a slow-speed area. The black box should be able to tell how fast the train was travelling, Anders said.

The derailment of the southbound Hudson Line train was reported at about 7:20 a.m., authorities said. Four or five cars on the seven-car train derailed about 90 metres north of the station, the Metropolitan Transportation Authority said in a news release. But none of the cars entered the Hudson or Harlem rivers, which are adjacent, the MTA said.

THE ASSOCIATED PRESS



Cars from a Metro-North passenger train are scattered after the train derailed in New York City on Sunday morning. EDWIN VALERO/THE ASSOCIATED PRESS

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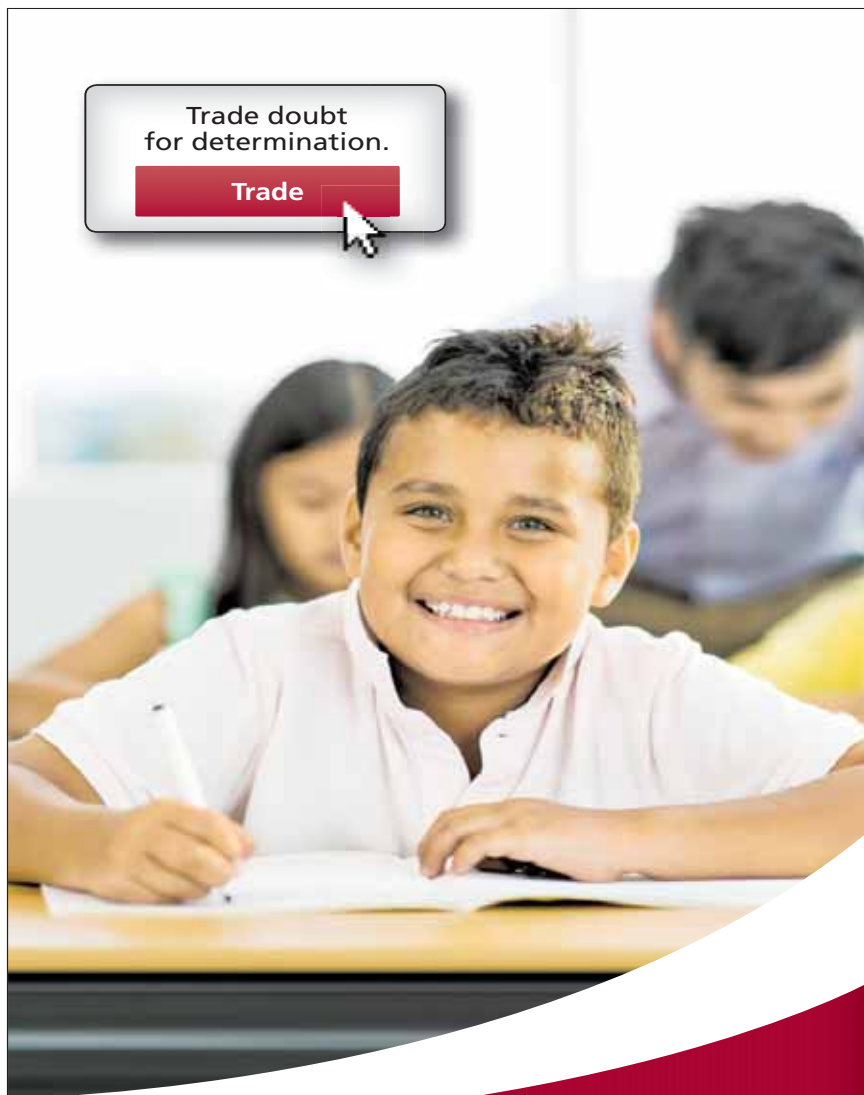


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Monday, December 2, 2013



Black Friday and Cyber Monday are all about getting, while Giving Tuesday is all about giving. GETTY IMAGES FILE

Get and give this season

Suffering from a shopping hangover?
The perfect cure could be giving back via a new philanthropic movement



PHOEBE HO
For Metro in Toronto

In addition to Black Friday and Cyber Monday, yet another popular U.S. initiative has crossed the border.

After a weekend of door crashers and tempting deals, Canadians will see the launch of its non-commercial counterpart, Giving Tuesday, a day devoted to philanthropy and described by the site as the "Opening day of the giving season."

The U.S. initiative, created by New York's 92nd Street Y and supported by the United Nations Foundation, has al-

ready seen immense success, attracting over 2,500 partners to take part in its first year. Now, a group of Canadian organizations are hoping to hoping to build on that momentum.

CanadaHelps president and CEO Marina Glogovac, one of the 15 founding partners of Canada's Giving Tuesday, said the timing of the event was perfect.

"There are different months in Canada focused on different charitable sectors," said Glogovac. "But in terms of consumer awareness, I think it's a good day to kind of add something that says we shop, we get deals, we spend money to get what we want, and we also should remember that we should give back."

Mainly promoted through social media over the summer, the grassroots movement has taken on a life of its own. So far, over 1,000 charities, partners, and organizations — including Big Brothers Big Sisters of

Canada, Autism Canada Foundation, the Cancer Research Society, and many more — have already signed on to participate in its first year.

"We didn't know what to expect," she said.

"This is a movement, there is nobody controlling this, there is no budget, and this is really how it spread in the States."

On Dec. 3, many Giving Tuesday partners will be hosting events and donation drives to raise money for various charities.

November and December are known as the peak season for donations, with roughly 50 per cent of all donations of the year made during that period, said Glogovac.

Whether it's for cultural or spiritual reasons, and sometimes even practical due to the year-end tax deadline, she's hoping the day will become a long-standing tradition amongst Canadians.

Giving Tuesday

"I love the idea here because I think it's very appropriate to remind people that we're all connected and we should celebrate giving."

CanadaHelps president and CEO Marina Glogovac, one of the 15 founding partners of Canada's Giving Tuesday

Social media movement

A day that's good for the community

Giving Tuesday was a no-brainer for Big Brothers Big Sisters of Canada, one of over a thousand charities and organizations that have joined the movement.

For years, BBBSC has helping children find positive role models in the

community. Sandra Downey, director of business development and communications from its Toronto branch, said Giving Tuesday was the perfect fit for their organization.

"I see on their website it says: There are two days that are good for the economy, and now we have a day that's good for the community. I love that quote," she said. "It's using social media as a vehicle to help organiza-

tions such as ours ask for donations at a time of the year where people tend to want to be giving back."

This year, BBBSC will be promoting the day through social media in hopes of getting people to donate time or money to help them "continue to give the gift of mentorship" for the thousands of children who are waiting to be matched with a mentor.

PHOEBE HO/FOR METRO

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BISHOP BRINGS BRANDING SKILLS

The thing that interests me about the Rev. Melissa Skelton, the newly elected Anglican bishop of Vancouver's New Westminster diocese, is not that she's a woman, though she is the first female bishop in its history.

Nor is it that she's an American from Seattle. The diocese has long been a colonial outpost, though most of the previous potentates were Brits, including the most recent, Michael Ingham, who was born in Yorkshire. It's hard to hold that against them. After all, Henry VIII invented the religion in order to procure a divorce.

Nor is it that she's seen as "progressive," which is code for "liberal," which is the opposite of "conservative," or all those people who opposed Bishop Ingham's bleeding-edge endorsement of same-sex marriages for the faithful, which remains controversial among the world's 60 million Anglicans.

No, the thing that interests me is that before she became a priest, Skelton was a brand manager for Proctor and



URBAN COMPASS

Paul Sullivan

vancouver@metronews.ca

Gamble, the consumer-products giant more casually known as P&G. At one point she even worked at P&G while serving in a local Cincinnati parish — Cincinnati is the world HQ for P&G. Talk about serving both God and Mammon.

I've often wondered what would happen if you applied brand-marketing principles to the so-called mainstream religions. Would that help reverse their decline? It works for Deepak Chopra and various other entrepreneurs of the spirit.

And it certainly works for Proctor and Gamble, which posted \$83.86 billion in sales in 2012.

It looks as if Skelton's marketing magic is already working in her current parish, St. Paul's in Seattle, which "sits in the shadow of the Space Needle," according to her online biography, which also claims that the size of the congregation has doubled since she took over in 2005.

The Vancouver-area diocese could use a little magic, sacred or profane. The largest parish in the group, St. John's, seceded from the diocese rather than endorse and perform same-sex marriages, and the whole act could use a refresh. From 2001 to 2011, according to the last census, people calling themselves Anglicans dropped from just over two million to just over 1.6 million, a decline of nearly 20 per cent.

Elected by a synod of clergy and lay people over seven other candidates, three of them women, Skelton has already demonstrated her mastery of the sound bite, a vital marketing tool. She is quoted as saying that people coming to her Seattle parish are "mostly evangelicals looking for beauty and mystery." Who doesn't want some of that?

I don't mean to be sacrilegious, but there are some interesting parallels between consumer products and religion. Both require faith that they can provide, in varying degrees, a better life. The big difference is that religion promises an afterlife despite the complete absence of evidence.

Now that brand promise requires an expert. Welcome to Vancouver, bishop-elect Skelton.

ZOOM

Are you saying there's a party in the 'Peg?



JOHN WOODS/THE CANADIAN PRESS

Anchorman says city named after a bunny

Will Ferrell, wearing his trademark Ron Burgundy moustache and Anchorman outfit, helped open the Canadian Curling trials in Winnipeg Sunday at the 2013 Roar Of The Rings. He even

tried his luck on the ice and then donned a kilt to the delight of fans. He met with reporters where he said the name Winnipeg was Latin for the small tundra bunny who lives in the hole on the hill.

The winners of the championship will represent Canada at the Sochi Olympics.

THE CANADIAN PRESS

Ferrell commentates for Olympic qualifier

Ferrell was in town to help promote Anchorman 2: The Legend Continues, due in theatres Dec. 20.

As for curling jargon, he said he knows what "hurry hard" means but uses it mostly

when he's stuck in traffic to get the driver in front to start moving.

He joined TSN curling broadcaster Vic Rauter to comment on part of the opening draw, and fielded questions such as, what can you bring to the sport of curling? To which he replied, "I can bring a certain amount of dignity and class." THE CANADIAN PRESS

Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

It's a familiar lament that Netflix users in the U.S. have a much wider selection than Canadian subscribers enjoy. Luckily, there are a few ways around it, though be advised that these shenanigans technically break the Netflix terms of use.



CONTRIBUTED

Media Hint:

A free plug-in for Chrome and Firefox, Media Hint is a DNS redirect that disguises your previously unworthy Canadian computer as a deserved American machine. Unfortunately, that restricts you to the U.S. service, which means content on the Netflix Canada will be unavailable. Which brings us to...

Unblock-us.com:

A DNS redirect similar to Media Hint, at a cost of five dollars a month. That cost gives you one excellent feature that elevates it above Media Hint, however — the ability to choose which country's Netflix service you feel like planting your flag in that day. Pair it with a website like Moreflix, a search engine that lets you know what movies and shows are available on each country's service, and you gain access to an actual world of content.

Twitter



@EdlundEric: if it is legalized the govt can regulate and tax it this taking 1 source of income away from criminal orgs

@jacobisdead: yes

@tpjmccarthy: Yeah, we need more Cheech's and Chong's...Legalize it..lol

@metropicks asked: Canada banned marijuana for political reasons, without scientific evidence. A report commissioned by Pierre Elliott Trudeau in 1969 recommended decriminalizing possession. Do you think it should be legalized?

@ArtistMiesje: I agree with @SenseibleBC it's time to change these outdated laws for so many reasons

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

Teen idol turned action star's sudden death shocks Hollywood

Paul Walker. Actor who rose to fame in the 1990s was best known for his Fast and Furious franchise



NED EHRBAR
Metro World News in Hollywood

To the world, Paul Walker was best known for his bright blue eyes and blonde hair. His squeaky-clean all-American good looks made him more than just memorable in his breakout role as Skip Martin in 1998's Pleasantville.

In 1999, he continued to woo the young contingent of filmgoers with roles in classic '90s teen movies like Varsity Blues and She's All That. And over the last decade, his name had become synonymous with the Fast and Furious franchise.

Sadly, the 40-year-old actor's life was cut short on Saturday afternoon in Los Angeles, where he died in a car crash.

At the time, he was attending a fundraiser in the community of Valencia to benefit the victims of Typhoon Haiyan.

"It is with a truly heavy heart that we must confirm that Paul Walker passed away today in a tragic car accident while attending a charity event for his organization Reach Out Worldwide," a statement on his Facebook page read.

"He was a passenger in a friend's car, in which both lost their lives."

Walker's fame rose with a string of hits in the late 1990s, before he took his place along-



Paul Walker, 40, is survived by his 15-year-old daughter, Meadow. THE ASSOCIATED PRESS

side Vin Diesel as the lead in the Fast and Furious franchise in 2001.

The seventh instalment of the franchise had begun shooting in September, with a planned release date of July 2014.

Walker's friend and business partner, Roger Rodas, also died in the crash. Rodas was driving a red Porsche and reports say the car was travelling at high speeds when it hit a tree, slammed into a streetlight and then burst into flames.

Rodas' high end auto shop, Always Evolving, was hosting the charity event.

According to Radar Online, the crash happened so close to the fundraiser that attendees could hear the impact. Tragically, one of the witnesses who rushed to the scene to help was reportedly Rodas' eight-year-old son.

"I ran over afterwards, I was trying to find Roger's son," eyewitness Jim Torp told the New York Daily News. "I found out his son had jumped

the fence and gone over, he was trying to get his dad out. Paul Walker's best friend was trying to get Paul out of the car while it was still on fire ... he was trying to save his friend ... there was nothing he could do."

Walker's Fast and Furious co-star Diesel on the weekend posted on Instagram: "Brother I will miss you very much. I am absolutely speechless. Heaven has gained a new Angel. Rest in Peace."

Walker is survived by his

15-year-old daughter, Meadow, who had recently moved to Los Angeles to live with him after living with her mother in Hawaii.

Walker's most memorable film roles

The Fast and The Furious (2001): The one that started it all, featuring Walker as an undercover cop who gets caught up in the underground street-racing racket he's investigating.

Fast Five (2011): The street-racing franchise's revitalization has been one of Hollywood's more impressive recent success stories, with the fourth, fifth and sixth films earning acclaim and huge numbers at the box office. The fifth entry, set in Brazil, is the best of the bunch.

She's All That (1999): This "Pygmalion set in high school" romantic comedy is perfect specimen of '90s teen culture. Walker goads Freddie Prinze Jr. into seducing frumpy art student Rachael Leigh Cook and turning her into a prom queen.

Pleasantville (1998): Walker's good looks served him well as an innocent 1950s teen who has his eyes opened by Reese Witherspoon's more liberated modern-day girl.

Into the Blue (2005): A true guilty pleasure. Walker and Jessica Alba star as salvage divers caught up in a fight over a sunken cocaine shipment and spend most of the film in bathing suits.

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2
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Mila Kunis. ALL PHOTOS GETTY IMAGES

Mila Kunis pregnancy rumours continue to swirl

Mila Kunis and Ashton Kutcher have been sparking pregnancy rumours lately, with Kunis wearing suspiciously baggy clothing and Kutcher having less patience than usual with the paparazzi. "They want to have a baby now, and it's far more important to them than getting married," a source tells Radar Online.

And at least one thing is for sure: That baby will be

Jewish.

"Even if (Ashton) doesn't fully convert, he's very much into the idea of having little Jewish babies," the source says, adding that the topic is very important to Kunis' family. "Think Coney Island-style Russian immigrants," the source says. "They want Jewish babies, and Mila wants to give them to her family. Tradition is very important to her."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

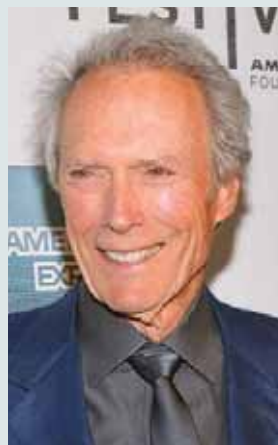
Clint probably told him to 'get off my lawn'



STARGAZING
Malene Arpe
scene@metronews.ca

Clint Eastwood's daughter is getting an annulment of her Las Vegas marriage to Jonah Hill's brother. She decided she would rather date Ben Stiller's cousin while her groom is more interested in hanging out with Meryl Streep's daughter's friend's aunt.

Fergie says she chose the name Axl for her baby after a dreaming about a festival where Bob Marley, Jim Morrison and Axl Rose



were playing. And what is wrong with "Bob" and "Jim?"

Vin Diesel teases that Ang Lee will direct him in the

Kojak movie. That explains the working title Who Loves Ya, Scary Tiger?

Jessica Biel tells the Internet to calm down after concern that she wasn't attending the AMAs with husband Justin Timberlake. "Take it easy," she said. "I'm at home in my tattered sweatpants eating 22 donuts while Justin is having fun doing whatever he wants. It's all good."

Kanye West asks us not to buy any Louis Vuitton products to protest that the company wasn't interested in his designs. I'm always up for a good boycott, so I sincerely hope Kanye's next fight is with Walmart and Buddy's House of Dented Cans.



Sharon Osbourne.

Osbourne doesn't know the meaning of overshare

Sharon Osbourne freely admits that she's had "a lot" of plastic surgery, as she revealed during an appearance on Graham Norton's talk show recently.

So what was her most painful surgical experience? "Having my vagina tightened," Osbourne says of the procedure.

"It was just excruciating."



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Moms, I'm pretty sure you've got wipes, diapers, bandages, crayons, snacks, crumbs, mittens, toys, and probably a can opener, a car muffler and a glue gun in that purse of yours.

But you know what else you've got in there? That weird mom-purse smell.

You don't notice it that much except for every single time you are looking for something. You know, like when you're doing the stressful "stir the cauldron" dance to try and find your house keys.

There's a simple, stress free solution that will actually bring you a couple seconds of "aaaaaah" in the middle of, "Mom, where is my

juuuuuuuuuuuice?"

Grab a lavender sachet and throw one into your purse.

Lavender is natural and has traditionally been used in aromatherapy to relieve anxiety and promote relaxation. Plus, the calming scent releases when the flowers are crushed — which is exactly

what will happen when you are stressfully stirring up the contents of your purse, looking for that elusive car muffler or hockey skate.

That means the more stress you're feeling, the more lavender you'll smell. I know. I'm a

genius. **KAT INOKAI,**
YUMMYMUMMYCLUB.CA



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Children's Live Theatre. This is going to be just like going to a Weezer concert, right? Find out at metronews.ca/voices. Remember to ask Santa for the bestselling book *Reasons Mommy Drinks*, by Lyranda Martin Evans and Fiona Stevenson.



Confessions of a regular mom

Keeping it real.

Ever order pizza on weekends or send you kid to school in pyjamas to avoid a fight? You're not alone

ANNABEL FITZSIMMONS
YummyMummyClub.ca

Last week I sent my son to school in his pyjamas. It was one of those mornings.

"I don't want to go downstairs. I don't want to eat breakfast. I don't want to brush my teeth. I don't want to pack my backpack. I don't want to get dressed."

When he dug his heels in over changing out of his pyjamas, I asked myself, "Does he really need to put on day clothes?" And I decided it wasn't a fight I was willing to fight. So I put a pair of "proper clothes" in his backpack in case he needed them during the day, and off to junior kindergarten he went.

Let's file this under Things I've Learned In Seven Years of Motherhood: pick your battles.

The situation got me thinking about all the things that happen in our households that no one ever really hears about.



Sometimes it's OK to order pizza, not the healthy whole wheat crust type either. iStock

So, in the interest of keeping it real, here are a few things that have been going on in our household lately.

Sometimes, we use bribery.

One Friday night a few weeks ago, we promised our kids a couple of toonies if they had breakfast, played quietly, didn't fight, and didn't come into our bedroom until after 8 a.m. the next morning. For kids who get up at 6 a.m., we

thought it might be a pretty tall order for the weekend. But they did it. And the routine has stuck. We paid them that one time and every Saturday they still wait until after 8 a.m. to come into our room.

My house is rarely spotless.

My kids fight. A lot. They fight about who got their vitamins first, who knows how to sing O Canada better in French,

who has a nicer teacher. The latest thing is who gets to click in their seat belt first.

My husband and I sometimes push the boundaries, and pay for it.

A couple of weeks ago, we were having a great time at the family bingo night at our kids' school. Until family bingo night turned into total-meltdown-screaming-kick-in-tantrum-craziness on the

front lawn of the school. Our youngest, not me. Although I almost went there as well.

We order in every Friday night.

We eat healthily most of the time, but on Friday nights we have family movie night and order pizza. And not the whole wheat or spelt crust option either. It's always the same order: pepperoni, mushroom and pineapple. There's nothing I love more at the end of a busy week than knowing I don't have to cook, to prep or to even think about what's for dinner.

The next time you see a happy picture of my family, you'll know it wasn't taken on family bingo night or after a car ride. It may have been taken on a Saturday morning — after I've stayed in bed until 8 a.m. (but before the kids have started fighting) — or on a Friday evening once the pizza's been delivered. And my son might be in his pyjamas.

By the way, that day I sent my son to school in his pajamas? I fully expected him to be wearing his day clothes when I picked him up. But no. He marched right out of his class with his pyjamas still on, smiling the happiest smile ever.

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Salad hearty enough to stand up to the cold



This recipe serves six. ROSE REISMAN

ROSE REISMAN

For more, visit rosereisman.com
Follow her on Twitter @rosereisman

This is a great vegetarian dish without the shrimp since the lentils are a good source of protein. You can also serve it as a side dish to any entree.

1. In a saucepan, combine the stock and lentils. Bring to a boil. Reduce the heat to a simmer, cover and cook just until tender, about 20 to 25 minutes. Do not overcook. Drain any excess liquid. Cool to room temper-

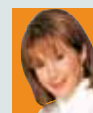
ature.

2. In a large bowl, stir together the cooked lentils, red pepper, green onion, parsley, red

onion, olive oil, lemon juice, vinegar, garlic, mustard, salt, pepper and feta. Toss together before serving. Place a grilled shrimp on each serving plate.

Healthy eating

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Who doesn't love a juicy steak? The cut is what makes all of the difference when it comes to calories and fat though.



Rib Eye Steak (12 oz)

1,049 calories/ 80 g fat

A rib eye steak is marbled with fat but it's oh so good! Too bad it contains an entire day's worth of fat.

Equivalent

One 12-ounce rib eye steak is equal in fat to three Boston Pizza lasagnas.



New York Strip (12 oz)

600 calories/ 16 g fat

The New York strip is lean, just trim the outside fat. It's close to half the calories of the rib eye and an acceptable fat amount that will save your heart!

Who needs the crowds?

Shopping from home.

Online sales continue to rise as people surf for holiday deals

Despite the shortest U.S. shopping season since 2002, Adobe predicts record growth for online sales on U.S. Thanksgiving with \$1.1 billion (all prices quoted in U.S. dollars) and Black Friday with \$1.6 billion, increases of 21 and 17 per cent, respectively.

An Adobe survey done in conjunction with this year's Digital Index Online Shopping Forecast shows that consumers are motivated to shop online primarily by the search for good deals, followed closely by the allure of free shipping. The survey is based on input from 400 consumers who plan to spend at least some of their budget online this year. Survey results

Discounts

- According to a Visa Canada survey, more Canadians will be checking online deals for sales and also avoiding crowds. Almost 50 per cent of Canadians will shell out between \$100 to \$499 on online shopping. Some 31 per cent will use debit cards, believing it will help them stay on budget.
- An Ipsos Reid survey showed that nearly 44 per cent of Canadian online shoppers are going to take advantage of online discounts, a 10 per cent increase compared to 2012.

and additional predictions from the report include:

Mobile: Mobile optimized retailers will transact more than 20 per cent of their sales



According to a Visa Canada survey, more Canadians will be checking online deals for sales and also avoiding crowds. GOODLUZ/SHUTTERSTOCK

via smartphones and tablets, a 47 per cent increase year-over-year. The average retailer can expect only 14 per cent of mobile-driven online revenue, a 40 per cent increase. Mobile devices will be leveraged even while consumers

are in a retailer's physical store, with nearly four in 10 consumers reporting that they have shopped online while in a store.

Social media: While Adobe is predicting that only two per cent of purchases will come

directly from social media sites including Facebook, YouTube, Pinterest and Twitter, social media continues to play a more significant role earlier in the purchasing journey. About 36 per cent of consumers stated that they will turn

to social media when making their purchase decision.

Spending: The majority of consumers expect to spend the same amount in 2013 as they did last year, but online shopping continues to take a bigger share. METRO NEWS SERVICES

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Come and knock on our doors, we've been waiting to help you

Ask a professor. So what exactly are office hours for anyway?

LEE SKALLERUP BESSETTE
Metro World News

Most students don't take advantage of the time professors set aside for office hours. I know this because I have spent many an afternoon sitting by myself in my office, waiting for students to come and sit and chat with me. And those who do come will timidly knock while apologizing about disturbing me. This is a part of my job, to offer extra assistance to you outside of the classroom when you need it. It's more disturbing to me when my students don't use my office hours.

Follow the leader

Make sure you know where your professors' offices are:

- It is perfectly acceptable at the beginning of the semester to follow the professor back to their office, prefaced with, "I just want to make sure I know where your office is in case I need to come see you during the semester."
- When you do show up for office hours (posted on the syllabus!), make sure you have a clear purpose in mind; this shows initiative and organization skills. It's ok not to understand an assignment, but make sure you come prepared to explain all the things that don't make sense!

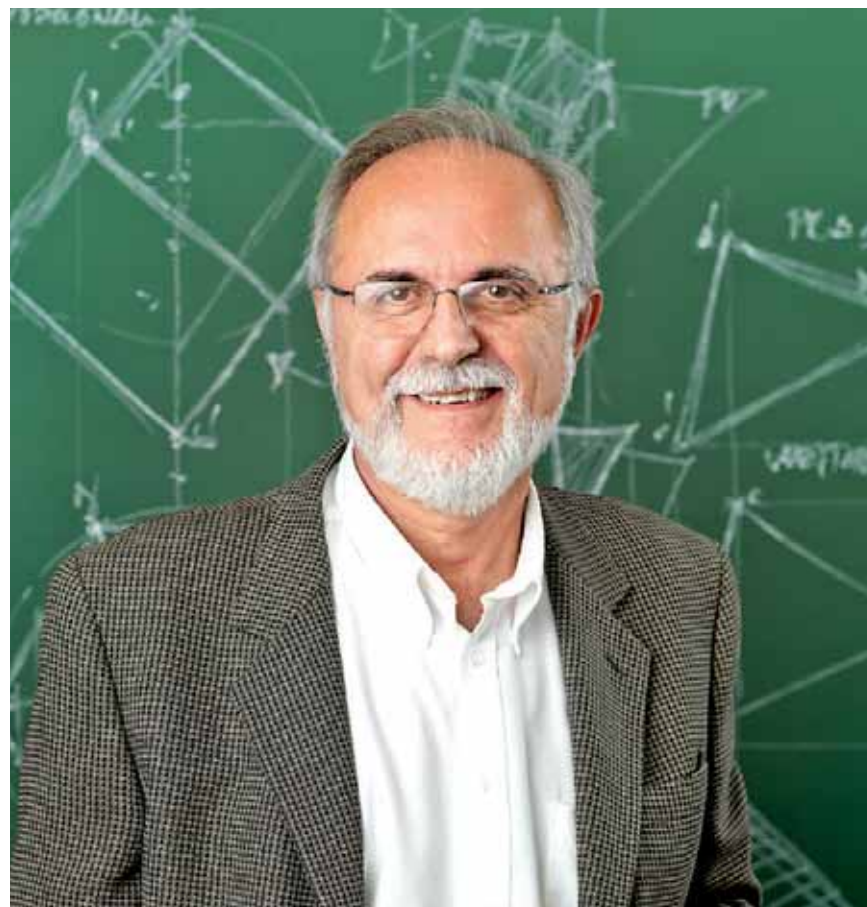
But office hours aren't just for when you need extra help or explanation about an assignment. Office hours are an opportunity to get to know your professor, to forge a connection with them.

You can use the time to ask them about their research, their experience, or to seek advice about pos-

sible majors or career paths.

You never know when you're going to need that letter of reference, and you want to be able to approach professors whom you know and who know you beyond a final grade at the end of the semester.

If you can show up at the beginning of the professor's office hours, do so. If not,



Chances are your professor will be thrilled to speak to a student who's actually interested in the subject matter. ISTOCK

it is perfectly ok to come when you can within the posted times. If the posted office hours don't work for you because of your class and/or work schedule, speak to the professor before or after class to explain your situation and see if

there is an alternative time when you can meet.

Always remember, we're here to help you on your journey through college and we want to see you succeed. Office hours are one of the ways outside of the classroom that we can help

you. But we can't help you if you don't show up.

DR. LEE SKALLERUP BESSETTE HAS BEEN A TEACHING AT THE COLLEGE LEVEL FOR ALMOST 15 YEARS, IN THREE DIFFERENT STATES, TWO COUNTRIES, AND TWO LANGUAGES. YOU CAN FOLLOW HER ON TWITTER @READYWRITING

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'Round the world wisdom

Facing adversity? Laughter gives you wings

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM THE DESERT
Stéfán Danis
life@metronews.ca

Laughter has the power to dramatically help in overcoming adversity.

I was only 15 minutes into my Gobi Desert race, and found myself running through a river-crossed canyon. The hostile landscape consisted of loose rocks the size of baseballs. My eyes

were fixated on the ground, as every foot plant bore the risk of rolling my ankle. I felt my first blister forming.

Later, we had to cross the river. Unprepared, I tentatively traversed and fell in. I screamed, livid to be in a river while supposedly running in the desert. I looked to see what had happened to the other runners, and sure enough, I saw my reflection. Most seemed upset, angered at having been put through this. It then hit me. "This is what my race is meant to be about. I'm here to learn how to deal with adversity!" I burst out laughing.

Right then and there I made a promise to myself, one that still persists today: laugh out loud at every unpleasant surprise. From there, I encountered hundreds more obstacles: sand,

heat, blisters, pain...and that was just the beginning!

We crossed that same river seven more times that morning. Yet from that moment onward I giggled. Every time I laughed, my pace increased. That day, I managed to pass everyone I could see ahead of me, leaping from the back of the pack to ninth place overall! More important, the physical pain of running was trumped by the laughter: it felt easy.

When you appreciate the humour in life and let laughter in, obstacles assume less power and more opportunity. When have you last tried to counter adversity with laughter?

STÉFÁN DANIS
IS THE CEO OF
NEXCAREER AND
MANDRAKE, AND
THE AUTHOR OF
GOBI RUNNER



Helping low-income learners aim higher

A guiding hand. Counseling can help students seek out schools they may not have considered

JULIA WEST
Metro World News

A study by the U.S. National Bureau of Economic Research earlier this year found that low-income students who were high academic achievers were not applying to competitive post-secondary schools. The study also revealed — perhaps unsurprisingly — that with the help of intensive counseling, students may be more likely to apply to these schools.

Though the study highlighted this problem, it found that many professionals were already aware of the benefits of hands-on intervention in the education paths of disadvan-

Generational gap

Dr. Ann P. Garber, independent counselor and president of Garber Academics:

- "For several reasons, including immigration trends, there is an unprecedented number of first-generation applicants, students whose parents did not attend college. They grow up without hearing about their parents' college experiences. Without that knowledge to back them, and without proper assistance, it's no wonder some very capable students struggle with the application process."

are suited to stems from a lack of information," explains Thyra Briggs, vice president of admission and financial aid at Harvey Mudd College in Claremont, CA.

Essentially, students are unaware of the support, both financial and otherwise, available to them. "College counseling can help students understand that colleges with a high price tag often have greater resources for aid," says Briggs. "In this process, access to information is everything."

Ann Marano is the director of the College Bound Initiative program at the Texas-based Foundation for the Education of Young Women. She knows the value of empowering potential students with greater knowledge about the application process. "Students may not understand the 'language' of it all — how to start a college search, the college application process and that financial assistance is available," Marano says.

tagged youth. "There has been a great deal of research done over the years that shows that one of the main reasons low-income students tend to attend less selective colleges than they

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Get cracking when it comes to the quota

Meet the moola standard. Tips on becoming a top seller when your position includes an expensive expectation

ROSIE
HALES
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"Quota" and "commission" can be two scary words if you're new to the retail world, but they don't have to stay that way!

Sales quotas and commissioned sales are just two ways you can maximize the experience you have at a retail job and get rewarded for your hard work.

First things first, let's get some terminology out of the way.

A sales quota is the minimum sales goal for a set

amount of time. Your sales quota could be either a monetary goal (i.e. "By the end of this week, we'd like you to make \$500 worth of sales.") or a product goal (i.e. "By the end of this week, we'd like you to have sold two coffee machines, 25 boxes of filters and three thermal mugs.").

The amount of time for a sales quota can differ, too.

You might be asked to make your quota by the end of one shift, the week or a fiscal quarter. If you fill your sales quota then there may even be the chance of a reward!

Commission is a reward you get for selling products. Often you'll hear people saying, "I work on commission." This means that salespeople will often be incentivized to make lots of great sales by getting paid for each sale they make.

Commission is often calculated on the basis of



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a percentage of the retail value of goods sold.

Here are four tips for becoming a great salesperson and making commission-based work and sales quotas work for you!

Educate yourself

To be able to sell products, you've got to have some solid knowledge to impart to customers. Make sure you know the top three to five products that your company sells and learn their main selling points. Then, pick a few other products in the store and become the resident expert.

Identify your target customers

In order to sell effectively, you need to be able to relate to your customers. Understanding their priorities and preferences in terms of style, cost and quality will help you direct them to goods that they'll be more likely to purchase — and be more satisfied with in the long run.

Give customers space to make their own decisions

Don't try to push a customer in the direction of a product they don't really

Set your own sales goals

- If you're making sales goals with no difficulty, then why not set higher goals for yourself? Each week you could try to improve on your quota by \$20 or by selling three products you've never sold before
- It's worth a try if you want to impress your manager!

want. If a customer is looking to buy a product that you genuinely believe is wrong for their needs then suggest a different one that you think might suit them better. Support their final decision — they're more

familiar with their own needs than you are.

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Sports in pictures



1 Golf. McIlroy gets first win of 2013

Rory McIlroy birdied the 18th hole to beat Adam Scott at the Australian Open on Sunday, winning for the first time in 2013 and denying Scott the Triple Crown of Australian golf. **THE ASSOCIATED PRESS**

2 Skiing. Vonn delays surgery

Lindsey Vonn is delaying further surgery on her partially torn right knee for as long as possible in hopes of skiing at the Sochi Olympics.

THE ASSOCIATED PRESS

3 Skiing. Aksel drops hammer in Lake Louise

Aksel Lund Svindal of Norway won the men's World Cup super-G on Sunday.

It was the third straight super-G win for Svindal in Lake Louise, Alta., after victories in 2012 and 2011.

THE CANADIAN PRESS



The Canucks defend goalie Eddie Lack's crease against the Hurricanes on Sunday in Raleigh, N.C. GERRY BROOME/THE ASSOCIATED PRESS

Canucks' penalty kill quells Canes

NHL. Vancouver concludes 4-game road trip Tuesday in Nashville



CAM TUCKER

cam.tucker@metronews.ca

It's been a classic case of an up-and-down journey for the Vancouver Canucks on special teams so far this season.

Their power play, while improving of late with a goal in each of the last five games, is still climbing its way out of the lower tier.

The penalty kill, however, remains at the top of the league.

Their success short-handed continued Sunday, as the Canucks were forced to kill off at one point six straight Carolina Hurricanes' power plays en route to a 3-2 win.

It helped that Ryan Kesler found the net twice, including the winner in a second period that saw the two teams combine for three goals in 37 seconds.

It helped that Jason Garrison had a pair of assists, which gives the defenceman six points in the last five games after a spell of 14 games without a point.

But their penalty kill was

chief among the reasons why the Canucks escaped Raleigh, N.C., with two points, after allowing two power play goals against in a loss in New York the day before.

The Hurricanes were held without a goal on six power play opportunities.

That included a 27-second five-on-three advantage in the second period, when Brad Richardson was goaded into dropping his gloves by Mike Komisarek, who declined the invitation to fight the Canucks centre, drawing a penalty and putting the Hurricanes in a prime position to once again tie the game.

But the team didn't manage a single shot with the five-on-three.

Back-up goalie Eddie Lack was good, making eight stops with his team short-handed. Alex Burrows, who has yet to score now in 17 games, saved a goal in the third period.

The winger pulled the puck away from the goal line, after it hit the post and rebounded off Lack back toward the net.

The Canucks penalty kill sits at 88.8 per cent.

Fifth in the Pacific Division and one point back of the Phoenix Coyotes for fourth, the Canucks conclude this trip Tuesday, against the Nashville Predators.

NHL. Bryzgalov busted up in Oilers' win over Stars

Jordan Eberle and David Perron scored in the shootout, and Devan Dubnyk came on in relief of injured goalie Ilya Bryzgalov and helped the Edmonton Oilers earn a 3-2 win over the Dallas Stars on Sunday night.

Dubnyk stopped two of three shots in the tiebreaker. Dallas' Kari Lehtonen failed to make a save in the shootout.

THE ASSOCIATED PRESS



Oilers goalie Ilya Bryzgalov leaves the ice after being injured on Sunday in Dallas. GETTY IMAGES

WHL. Surging Giants move into winning side of ledger

For the first time all season, the Vancouver Giants are above the .500 mark.

The Giants defeated the Prince George Cougars on Saturday, earning three of a possible four points in a home-and-home back-to-back weekend set with their BC Division foes.

The Giants improved their point streak to nine games, with five wins over that span.

They play the surging Kelowna Rockets on Tuesday.

The Rockets have won nine times in their last 10 games, and are second in the Western Hockey League's Western Conference with a 19-3-0-2 record.

They were ranked third in the entire Canadian Hockey League as of the latest updated rankings, which were released on Nov. 27.

METRO

Broncos trample Chiefs on way to top of AFC West

NFL. Manning racks up 5 TDs, four caught by Decker; K.C. loses third straight game

In the words of Chiefs safety Eric Berry, Peyton Manning does not discriminate.

If you're playing wide receiver for the Denver Broncos and you manage to get yourself open, you can bet that Manning is going to find a way to get you the ball.

On Sunday, he rewarded Eric Decker all afternoon.

Manning threw for 403 yards and five touchdowns, four of them to Decker, and the Broncos held off a rally to beat the Chiefs 35-28 and seize control of the AFC West.

"I think he showed people



The Chiefs' Eric Berry pressures Broncos QB Peyton Manning on Sunday in Kansas City. GETTY IMAGES

why he's so great," Decker said. "How we run our offense, we're very versatile as far as going inside, outside,

left, right — whatever it may be. Fortunately I had some play calls and took advantage of the opportunities I got."

Decker had eight catches for a career-high 174 yards for the Broncos (10-2), who moved a game clear of the Chiefs (9-3) in the division.

With four games left, Denver also holds the tiebreaker by virtue of two wins over Kansas City in the past three weeks. The Broncos have the AFC's best record.

Manning has 41 TD passes, breaking his franchise record of 37 set last season.

Denver won despite missing a slew of injured players, including three starters on defence and tight end Julius Thomas, who has developed into one of Manning's favourite red-zone options.

THE ASSOCIATED PRESS



Dunking the cats

Chris Bosh dunks home two of his 22 points in the Heat's 99-98, come-from-behind win over the Charlotte Bobcats Sunday night in Miami. Bosh scored 13 straight points in the final minutes, including a trio of three-pointers to cap a late rally. MIKE EHLMANN/GETTY IMAGES

Men's curling

Jacobs surprises Stoughton

Ontario's Brad Jacobs upset hometown favourite Jeff Stoughton 7-4 on Sunday's opening day of the Canadian Curling Trials.

Stoughton wasn't the only veteran to fall in the first draw of the eight-team men's field.

Ontario's Glenn Howard and his team from Penetanguishene, Ont., lost 8-6 to John Morris of Vernon.

Reigning Olympic champion Kevin Martin had a duel against Winnipeg's Mike McEwen, but the Edmonton skip finished with a 5-3 victory.

Toronto's John Epping was also victorious when he got by Calgary's Kevin Koe 9-8.

Jacobs, 28, was a runner-up at this year's world championships.

Stoughton, 50, is playing in his fifth Trials and has said this is his last crack at trying to earn an elusive berth to an Olympic Games.

THE CANADIAN PRESS

Not at cost of CFL

Little appetite for NFL team in Canada, poll finds

An overwhelming majority of Canadians don't want an NFL team in Canada if it means the demise of the CFL, a survey suggests.

Forty per cent of 1,007 online participants said they didn't want an NFL team in Canada at all while another 41 per cent added they'd welcome an NFL franchise in this country only if it co-existed with the CFL. The survey, released Sunday, was conducted in mid-November by Reginald Bibby, a professor of sociology at the University of Lethbridge and pollster Angus Reid Global.

According to the survey, since 1995 Canadians have become more insistent that they'd only want the NFL here if the CFL continued to exist (41 per cent versus 32 per cent). Also, more care about the issue now than 18 years ago (50 per cent compared to 33 per cent).

THE CANADIAN PRESS

NFC. Saints face the Seahawks with home-field on the line

In the bigger picture of the top two teams in the NFC meeting Monday night and what could be at stake in the post-season, getting a victory would be of more importance for New Orleans.

As much as Drew Brees and Sean Payton have worked to change the perception of a franchise that for most of its history has struggled, there is one reality about the post-season still staring New Orleans in the face: The Saints have never won a playoff game on the road.

While nothing can be clinched by the outcome Monday between the Saints (9-2) and Seahawks (10-1), New Orleans seems to understand a loss likely means the road through the NFC playoffs will go through Seattle.

"Both teams understand what we got ahead of us, what this game means to both teams," New Orleans safety Roman Harper said. "It's huge, and if we can get this one, we understand what it sets up for us to be able to do. It puts us in position to accomplish some things we've been talking about all year long. All these things are



Drew Brees GETTY IMAGES

starting to build up and we're right in the place we want to be. It's a great opportunity for us."

Seattle understands the home-field importance, too. While the Seahawks showed last year they can win on the road in the post-season, Seattle's only Super Bowl trip came after having home-field advantage in the playoffs in the 2005 season.

A win over the Saints would leave Seattle two games up on everyone in the NFC with tiebreakers in hand. THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	27	18	7	2	75	55	38
Detroit	28	14	7	7	78	73	35
Tampa Bay	26	16	9	1	76	66	33
Montreal	27	15	9	3	73	57	33
Toronto	27	14	10	3	75	73	31
Ottawa	27	10	13	4	78	90	24
Florida	27	7	15	5	59	91	19
Buffalo	28	6	20	2	48	85	14

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	28	18	9	1	86	64	37
Washington	27	14	11	2	82	78	30
NY Rangers	27	14	13	0	60	66	28
New Jersey	27	11	11	5	59	64	27
Philadelphia	26	12	12	2	57	63	26
Carolina	27	10	12	5	57	78	25
Columbus	27	10	14	3	67	80	23
NY Islanders	27	8	15	4	72	93	20

Sunday's results

Vancouver 3 Carolina 2
Detroit 4 Ottawa 2
Edmonton 3 Dallas 2 (SO)

Saturday's results

NY Rangers 5 Vancouver 2
Boston 3 Columbus 1
Pittsburgh 5 Florida 1
New Jersey 1 Buffalo 0 (OT)
Montreal 4 Toronto 2
Washington 3 NY Islanders 2 (OT)
Philadelphia 3 Nashville 2 (SO)
Chicago 5 Phoenix 2
Colorado 3 Minnesota 2 (SO)
Calgary 2 Los Angeles 1
San Jose 4 Anaheim 3 (SO)

Monday's games — All Times Eastern

Winnipeg at NY Rangers, 7 p.m.
New Jersey at Montreal, 7:30 p.m.
Philadelphia at Minnesota, 8 p.m.
St. Louis at Los Angeles, 10:30 p.m.

Tuesday's games

San Jose at Toronto, 7 p.m.
Tampa Bay at Columbus, 7 p.m.
Carolina at Washington, 7 p.m.
Pittsburgh at NY Islanders, 7 p.m.
Ottawa at Florida, 7:30 p.m.
Vancouver at Nashville, 8 p.m.
Dallas at Chicago, 8 p.m.
Phoenix at Edmonton, 9:30 p.m.
Los Angeles at Anaheim, 10 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	28	20	4	4	102	76	44
St. Louis	25	18	4	3	89	57	39
Colorado	25	19	6	0	76	52	38
Minnesota	28	15	8	5	68	67	35
Nashville	27	13	11	3	62	75	29
Dallas	25	12	9	4	70	73	28
Winnipeg	28	12	12	4	73	80	28

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	26	18	3	5	92	60	41
Anaheim	29	18	7	4	91	77	40
Los Angeles	27	16	7	4	70	58	36
Phoenix	26	15	7	4	85	84	34
Vancouver	29	14	10	5	77	77	33
Calgary	26	9	13	4	70	93	22
Edmonton	28	9	17	2	73	95	20

Note: Two points for a win, one point for overtime loss.

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	13	23	36
Malkin, Pgh	7	28	35
Steen, STL	20	11	31
Getzlaf, Ana	13	18	31
Kane, Chi	16	14	30
Tavares, NYI	11	19	30
Zetterberg, Det	11	19	30
Ovechkin, Wash	21	8	29
Perry, Ana	15	14	29
Thornton, SJ	4	25	29
Kunitz, Pgh	14	13	27
Couture, SJ	9	18	27
H. Sedin, Van	7	20	27
Marleau, SJ	12	14	26
Karlsson, Ott	7	19	26
Ryan, Ott	13	12	25
Backes, STL	12	13	25
Little, Win	12	13	25
Toews, Chi	12	13	25
D. Sedin, Van	10	15	25
Pavelski, SJ	9	16	25
Backstrom, Wash	6	19	25

Not including last night's games

MLS PLAYOFFS

MLS CUP

Saturday's game — All Times Eastern
Kansas City vs. Salt Lake, 4 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	16	1	.941	—
d-Miami	14	3	.824	2
Atlanta	9	9	.500	7 1/2
d-Toronto	6	10	.375	9 1/2
Washington	8	9	.471	8
Chicago	7	8	.467	8
Charlotte	8	10	.444	8 1/2
Detroit	7	10	.412	9
Orlando	6	10	.375	9 1/2
Boston	7	12	.368	10
Philadelphia	6	12	.333	10 1/2
Cleveland	5	12	.294	11
Brooklyn	5	12	.294	11
New York	3	13	.188	12 1/2
Milwaukee	3	13	.188	12 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	14	3	.824	—
d-Portland	13	3	.813	1/2
Oklahoma City	12	3	.800	1
d-L.A. Clippers	12	6	.667	2 1/2
Houston	13	5	.722	1 1/2
Denver	10	6	.625	3 1/2
Dallas	10	8	.556	4 1/2
Golden State	10	8	.556	4 1/2
L.A. Lakers	9	8	.529	5
Phoenix	8	8	.500	5 1/2
New Orleans	8	8	.500	5 1/2
Memphis	9	10	.474	6
Minnesota	4	11	.267	9
Sacramento	3	15	.167	11 1/2

d-division leader

Sunday's results

Denver 112 Toronto 98
Indiana 105 L.A. Clippers 100
Detroit 115 Philadelphia 100
Miami 99 Charlotte 98
Golden State 115 Sacramento 113
Oklahoma City 113 Minnesota 103
New Orleans 103 New York 99
Portland at L.A. Lakers
Saturday's results
Washington 108 Atlanta 101
Cleveland 97 Chicago 93
Brooklyn 97 Memphis 88
Minnesota 112 Dallas 106
Houston 112 San Antonio 106
Milwaukee 92 Boston 85
Utah 112 Phoenix 104
Monday's games — All Times Eastern
Orlando at Washington, 7 p.m.
New Orleans at Chicago, 8 p.m.
Atlanta at San Antonio, 8:30 p.m.
Houston at Utah, 9 p.m.
Indiana at Portland, 10 p.m.

Horoscopes

Aries

March 21 - April 20

There is no such thing as something for nothing and if you do not quite believe that now you will believe it by the end of the day.

Taurus

April 21 - May 21

It may appear as if you are the only one making sacrifices for a relationship but the planets warn you are not seeing the situation clearly. Don't start complaining or you may lose the one person who makes your world a better place.

Gemini

May 22 - June 21

Honesty is the best policy today, especially if you have done something that makes you feel bad about yourself.

Cancer

June 22 - July 23

It may be better to give than to receive but sometimes you wonder why it seems to be you who does all the giving while others do all the receiving.

Leo

July 24 - Aug. 23

What others expect of you is not important – what matters is what you expect of yourself. Others may say you should be doing this or doing that today but you must reject it all and do only what makes you happy.

Virgo

Aug. 24 - Sept. 23

Some things you can see from a long way away but others things you don't see until you are right up in front of them. You're not the only one to see something so important so late in the day, so don't make a big deal of it.

Libra

Sept. 24 - Oct. 23

The more you search for a solution to a problem of some kind the more it seems to elude you. Maybe you are trying too hard.

Scorpio

Oct. 24 - Nov. 22

You may have to hurt someone's feelings today by saying something you know they don't want to hear but if you don't they will keep making the same mistake over and over again.

Sagittarius

Nov. 23 - Dec. 21

If you ask for something today you will most likely get it. But will it be good for you? The planets warn it might be smart to stick with what you already have and try to make the best of it. More is not necessarily better.

Capricorn

Dec. 22 - Jan. 20

Generally you take people as you find them and don't care where they are coming from or where they are going to.

Aquarius

Jan. 21 - Feb. 19

Just because something is new-fangled or fashionable does not mean it is good. Keep that thought in mind and if you are confronted with a choice between something old and dull and something new and exciting, go for the old and dull.

Pisces

Feb. 20 - March 20

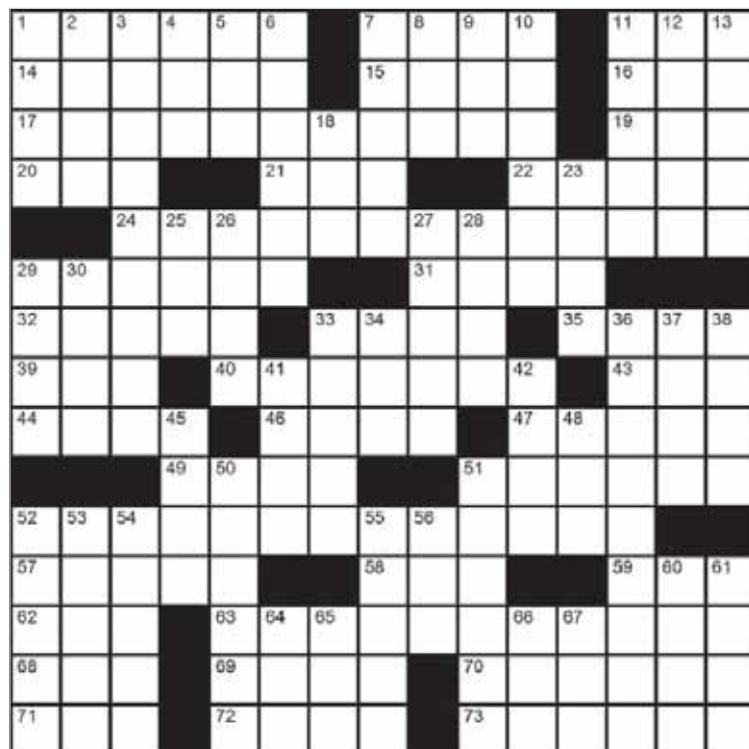
You may have strong opinions about something and you have every right to express them but you need to accept that not everyone agrees with you.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. HS class: 2 wds.
7. Tim Hortons CEO Mr. Caira
11. Bitter
14. In a forthright way
15. Puccini aria: "___ Babbino Caro"
16. Male sheep, in Brit.
17. Auction House in Toronto since 1850
19. Caesar's 61
20. Caesar's 551
21. 'Social' suffix
22. 2003 to 2007 series, "___"
24. Auction attendees, often: 2 wds.
29. Big leagues in baseball
31. Much: 2 wds.
32. Prefix to 'clast' (Image breaker)
33. Sony co-founder, ___ Morita
35. Remain unsettled
39. Tarzan creator's monogram
40. Waterloo, ON: ___ Laurier University
43. Agnus ___ (Mass prayer)
44. Wall St. landmark, commonly
46. Breath mints, tic ___
47. Canadian actress Kelly
49. Sonny & ___
51. Wine-tasting need
52. Lady Gaga to her fans: 2 wds.
57. 1996 film for



- Madonna
58. Grind ___ halt
59. The: German
62. Winnipeg-born actor Mr. Cariou
63. Saskatchewan ___ Building, in Regina
68. Energy unit
69. Scottish hats

70. Don't target correctly
71. Aliens, commonly
72. "Quiet..."
73. ___ Creek, Ontario

Down

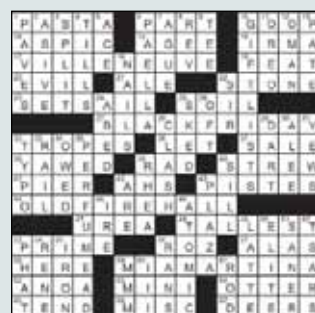
1. "___ you do that?"

2. Ring stone
3. 'Journalist' and 'TV Host', for example: 2 wds.
4. Halt
5. Yalie
6. Fault-finders
7. Traveller's lodging
8. 'I love', in Latin

9. ___ Tin Tin
10. Membership store
11. National Chief of the Assembly of First Nations, Shawn ___
12. Egyptian city
13. Sagas
18. Ronny & The Daytonas hit

23. Web address starter
25. Director Mr. Howard
26. Think, archaically
27. Animal dens
28. Time Machine people
29. Demeanor
30. "___ in the Dark" (1988)
33. ___ clock
34. Fast food chain, commonly
36. ___ Era (English history period of 1901 to 1910)
37. Shipshape
38. Have supper
41. Roman road
42. "Shoot!"
45. Genuine
48. Grand ___ Oprey
50. Well-being department, ___ Canada
51. Sacred songs
52. Battle royal
53. Blatant
54. Dainty bell sounds
55. Range in Quebec, ___ Mountains
56. Headshakes
60. Songstress Ms. Sands
61. Saint-___ (Place in France where Vincent van Gogh painted)
64. Parisian water
65. Baseball execs
66. River island
67. Classy music gr. in Ontario

Friday's Crossword

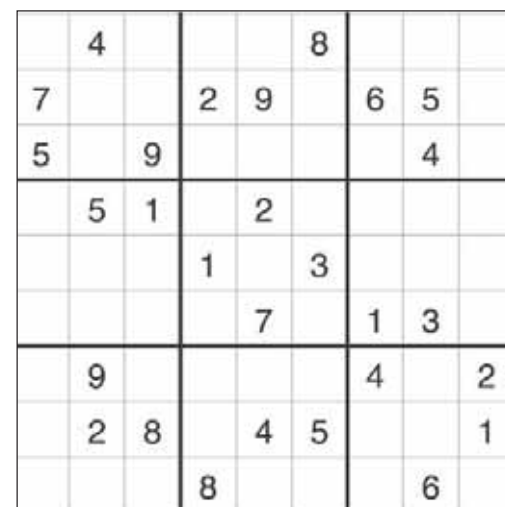


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today

6°/-1°
Showers

Tuesday

3°/-2°
Sunny

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